GOLD LABEL Recipes

Guaranteed

Established Over 30 Years Ago

GOLD LABEL DIVISION... Jaques Mfg. Co., Chicago

GUARANTEED

GOLD LABEL BAKING POWDER is manufactured from the highest grade materials and is at all times under the supervision of experienced baking powder chemists.

This baking powder is fully guaranteed to be of the highest quality, uniformly efficient and to give satisfaction.

GOLD LABEL BAKING POWDER is a DOUBLE TESTED — DOUBLE ACTING, well balanced, high quality product.

DOUBLE-TESTED — A staff of efficient chemists analyze all ingredients to insure the high quality of Gold Label Baking Powder and compliance with the United States standard and our standards. Also, Gold Label Baking Powder is carefully analyzed and tested before being packed to insure satisfactory results in the baking.

DOUBLE-ACTING — The *first* leavening action occurs in the mixing and the *second* or principal leavening action in the oven. This makes Gold Label a most satisfactory baking powder to use. Since the lesser leavening action takes place in the mixing, the dough or batter may be prepared when convenient, set in a cool place and baked hours later if desired.

Every ingredient used is of the highest quality and the best suited to produce an excellent baking powder having strength considerably above the requirements of the Government standard. Only finely powdered materials are used in Gold Label Baking Powder. Extreme care is exercised to make it highly efficient. Gold Label will produce for you delicious baked goods of *fine texture* and *large volume,* the kind you will be delighted to serve. ***Because of the high leavening strength, only one level teaspoon of Gold Label Baking Powder to each cup of sifted flour is enough for most recipes.***

DOUBLE TESTED — DOUBLE ACTING

ECONOMICAL EFFICIENT

GOLD LABEL BAKING POWDER RECIPES

Gold Label Baking Powder

Double Tested—Double Acting

FULLY GUARANTEED

Manufactured by Baking Powder specialists who make nothing but Baking Powder.

Controlled by expert chemists of national reputation.

Will make delicious and palatable food of fine texture and large volume.

Established more than 30 years ago by the Hardesty Mfg. Co.

Now Manufactured by

GOLD LABEL DIVISION

Jaques Mfg. Co., Chicago

Ask your grocer about the saving in purchasing Gold Label in two pound cans.

While baking powder has been utilized for many years, full advantage of its use is becoming more and more appreciated.

Baked foods leavened with baking powder, aside from their wonderful palatability, possess exceptional nutritive values.

Only when we consider such essential food ingredients as flour, milk, butter, eggs, sugar, fruits, nuts, etc., blended into a single food product, do we fully appreciate the food value resulting therefrom.

In presenting these choice Gold Label Baking Powder recipes, we also introduce some new time and money saving suggestions.

We especially call your attention to the great economy of serving the delicious meat pies, stews and dumplings herein presented.

GOLD LABEL BAKING POWDER BISCUITS

2 cups flour (8 oz.)
2 level teaspoons Gold Label Baking Powder
½ teaspoon salt
4 tablespoons shortening (fat) (2 oz.)
⅔ cup milk or water for cut biscuits (or 1 cup milk or water for drop biscuits)

Sift the flour, baking powder and salt together three times. Cut in the fat. For cut biscuits use just sufficient milk or water to prepare a non-sticky soft dough. Knead lightly on a floured board. Roll to ½ inch thickness. Cut into rounds, using 1 to 1½ inch cutter for tea biscuits or 2 to 2½ inch cutter for medium to large biscuits. Bake in hot oven (425° to 450°F.) for 12 to 15 minutes if biscuits are separated on pan. Biscuits placed close together require 15 to 20 minutes baking. Note: Preparing cut biscuits in larger quantities and placing the covered pans in refrigerator until ready to bake is a great time saver and convenience.

GOLD LABEL DROP BISCUITS

Prepare dough as above using one cup of milk or water instead of the ⅔ cup used for cut biscuits. Drop the dough from a spoon onto greased baking pan, leaving sufficient space between biscuits so they will not touch by running together. Bake in hot oven (425° to 450°F.) for 15 minutes.

GOLD LABEL CHEESE, FRUIT or NUT BISCUITS

Prepare dough as for cut baking powder biscuits, except before adding the milk or water, add one or more of the following ingredients—grated cheese, raisins, currants or chopped nut meats. Mix to a dough with milk or water; roll, cut and bake as biscuits.

GOLD LABEL CINNAMON PINWHEELS

Prepare dough for cut baking powder biscuits as above. Roll into rectangular sheet ¼ inch thick. Brush top with melted butter; sprinkle with sugar and cinnamon. Roll like a jelly roll. Cut in ¾ inch slices. Place cut side down in liberally buttered pan and bake in hot oven (425°F.) for 15 to 20 minutes.

GOLD LABEL EXPOSITION SCONES

3 cups flour (12 oz.)
3 level teaspoons Gold Label Baking Powder
3 level tablespoons sugar (1½ oz.)
4 level tablespoons shortening (fat) (2 oz.)
½ teaspoon salt
½ cup small seedless raisins
1 cup milk (about)

Sift together three times the flour, baking powder, salt and sugar; work in the shortening; add the raisins. Mix to a biscuit-like dough using just sufficient milk. Knead lightly. Divide into three equal portions. Roll each into circular form ½ inch thick. Cut into pie shaped quarters. Bake in hot oven (450°F.) for 15 minutes. Split open with sharp knife but do not cut way through the hinge back. Butter and fill with jam and close. Serve hot.

GOLD LABEL SOUTHERN CORN BREAD

2½ cups corn meal (12½ oz.)
3 level teaspoons Gold Label Baking Powder
1½ teaspoons salt
2 eggs
2 tablespoons melted fat (1 oz.)
2 cups milk

(Follow general directions for Corn-Wheat Bread)

GOLD LABEL CORN-WHEAT BREAD

2 cups corn meal (10 oz.)
1 cup wheat flour (4 oz.)
3 level teaspoons Gold Label Baking Powder
½ teaspoon salt
2 tablespoons sugar (1 oz.)
1 egg
2 tablespoons melted fat (1 oz.)
1½ cups milk

Sift the meal, flour, baking powder, salt and sugar together three times. Beat the egg; add the melted fat and milk. Mix the whole to a smooth batter. Place in greased shallow pans and bake in a moderate oven (375°F.) for about 50 minutes.

GOLD LABEL SPOON BREAD

1 cup corn meal (5 oz.)
2 cups cold water
1½ teaspoons salt
1 cup milk
2 tablespoons melted fat (1 oz.)
2 or 3 eggs
1 level teaspoon Gold Label Baking Powder

Mix the corn meal, water and salt; boil for five minutes, stirring constantly. Remove from stove. Add the milk and melted fat and mix well. Add the well-beaten eggs and then the baking powder. Beat well. Pour into well-greased pan or baking dish and bake in a slow oven for an hour and a quarter. Serve hot from the pan or dish in which it is baked.

GOLD LABEL BACON-CORN GEMS

1½ cups wheat flour (6 oz.)
1 cup corn meal (5 oz.)
3 level teaspoons Gold Label Baking Powder
½ teaspoon salt
1 tablespoon sugar (½ oz.)
1 egg
1 cup milk
½ lb. bacon, cut fine

Sift together the flour, meal, baking powder, salt and sugar. Beat the egg; add the milk and stir into the dry ingredients. Mix until smooth. Fill greased gem pans to one-half their depth. Sprinkle top of each gem with cut bacon. Bake 20 to 25 minutes in a moderately hot oven (400°F.).

GOLD LABEL CORN-MEAL MUFFINS

1½ cups corn meal (7½ oz.)
1½ cups wheat flour (6 oz.)
3 level teaspoons Gold Label Baking Powder
½ teaspoon salt
¼ cup butter (2 oz.)
½ cup sugar (4 oz.)
2 eggs, well beaten
1 cup milk

Cream the butter; mix in the sugar and well-beaten eggs. Sift the meal, flour, baking powder and salt together three times. Add to the creamed mixture alternately with the milk, securing a smooth batter with as little mixing as possible. Place in well-greased muffin pan and bake about 25 minutes in a moderate oven (375°-400°F.).

GOLD LABEL PLAIN MUFFINS

4 cups flour (1 lb.)
4 level teaspoons Gold Label Baking Powder
¼ cup sugar (2 oz.)
1 teaspoon salt
2 eggs
6 tablespoons melted butter (3 oz.)
About 2 cups milk

Sift the flour, baking powder, sugar and salt together three times. Add the melted fat to the beaten egg, then add the milk. Mix in the flour-sugar mixture with as little stirring as possible. Drop the batter into well-greased muffin pans. Bake 25 to 30 minutes in a moderately hot oven.

GOLD LABEL GRAHAM MUFFINS

2 cups Graham flour (10 oz.)
2 cups flour (8 oz.)
4 level teaspoons Gold Label Baking Powder
¼ cup sugar (2 oz.)
1 teaspoon salt
2 eggs
6 tablespoons melted butter (3 oz.)
2½ cups milk

Prepare and bake as in recipe for Plain Muffins.

GOLD LABEL BANANA BRAN MUFFINS

1 cup flour (4 oz.)
½ teaspoon salt
½ teaspoon baking soda
1 level teaspoon Gold Label Baking Powder
2 tablespoons lard (1 oz.)
¼ cup sugar (2 oz.)
1 egg, well-beaten
1 cup shredded bran (1½ oz.)
2 tablespoons milk
2 cups banana, thinly sliced

Sift the flour, salt, baking soda and baking powder together three times. Cream shortening, add sugar gradually and cream well. Add egg, bran and milk. Mix and allow to stand while slicing bananas. Add bananas and mix well. Add sifted dry ingredients, stirring as little as possible. Bake in well greased muffin tins at 375°F., 20 to 35 minutes. Yields 6 large or 12 small muffins.

GOLD LABEL BROWN BREAD

2 cups corn meal (or 1 cup rye meal and 1 cup corn meal)
1 cup whole wheat flour
1 teaspoon salt
¾ teaspoon baking soda
1 cup sour milk
¾ cup molasses
⅔ cup water or sweet milk
2 level teaspoons Gold Label Baking Powder

Sift the meal, flour, salt and baking powder together three times.

Stir the baking soda into the mixture of molasses and sour milk. Add the water or milk and stir in the flour-meal mixture. Turn into empty well-greased baking powder cans until three-fourths filled. Cover loosely and steam for three hours. Remove the covers and bake in moderate oven for ten minutes.

GOLD LABEL NUT BREAD

2½ cups flour (10 oz.)
2½ level teaspoons Gold Label Baking Powder
½ cup sugar (4 oz.)
1 teaspoon salt
¾ cup chopped nuts
1 egg
1 cup milk

Sift the flour, baking powder, sugar and salt together three times. Add the finely chopped nuts. To the beaten egg add the milk, then stir into the flour-nut mixture. A round corrugated or a regular bread pan may be used for baking. If an open pan, place another pan over it during the first 30 minutes of baking. Bake in a rather slow oven for an hour and a quarter.

GOLD LABEL PLAIN PANCAKES

4 cups flour (1 lb.)
4 level teaspoons Gold Label Baking Powder
1 teaspoon salt
3 cups milk (about)
2 eggs
4 tablespoons melted butter (2 oz.)

Sift the flour, baking powder and salt together three times. Beat the egg yolks, add the butter and milk. Stir in the flour mixture. Add the well-beaten egg whites and mix to a smooth batter. Bake on hot griddle. Turn when full of bubbles and bake till light brown.

GOLD LABEL BUCKWHEAT GRIDDLE CAKES

2 cups buckwheat flour
2 tablespoons sugar
½ teaspoon salt
2½ cups milk or water
3 level teaspoons Gold Label Baking Powder

Sift the flour, sugar, baking powder and salt together three times. Stir in the milk or water and bake on a hot well-greased griddle.

GOLD LABEL WAFFLES

3 cups flour (12 oz.)
4 level teaspoons Gold Label Baking Powder
1 teaspoon salt
4 eggs
¼ lb. melted butter
2 cups milk

Sift the flour, baking powder and salt together three times. Beat the eggs; add the butter and alternately the flour mixture and milk, forming a smooth batter. Bake on a hot waffle iron.

To make *pecan waffles*, add a cup of chopped pecans to the batter before baking.

GOLD LABEL COFFEE CAKE

2¼ cups flour (9 oz.)
2¼ level teaspoons Gold Label Baking Powder
½ teaspoon salt
2 tablespoons melted butter (1 oz).
2 tablespoons sugar (1 oz.)
1 egg
Milk

Sift the flour, baking powder and salt together three times. Beat the egg, add to it the butter and sufficient milk to make one and one-quarter cups. Stir in the flour mixture, making a stiff batter. Turn into a two-inch depth greased pan. Brush top with melted butter. Sprinkle sugar and cinnamon over top. Bake 45 to 50 minutes in a moderate oven (350°F.).

GOLD LABEL DOUGHNUTS

¾ cup sugar (6 oz.)
1 cup milk
3 tablespoons melted butter (1½ oz.)
3 cups flour (12 oz.)
2 level teaspoons Gold Label Baking Powder
1 teaspoon mace
1 teaspoon salt
2 eggs

Mix as for cake, reserving the beaten whites until last. Then work in two more cups of flour to make a stiff dough. Roll into a sheet one-quarter inch thick. Cut in desired shape and fry in deep fat (385°F.) turning frequently.

GOLD LABEL SOUTHERN RICE CAKES

2 cups flour
2 level teaspoons Gold Label Baking Powder
½ teaspoon nutmeg
1½ cups boiled rice
2 eggs
1 cup sugar

Sift flour, baking powder and nutmeg together three times. Mix the egg yolks, sugar, rice, flour and baking powder. Add the well-beaten egg whites. Beat well. Drop the mixture from a teaspoon into deep hot lard at 375°F. They emerge golden brown, light and luscious. Drain on paper and sprinkle them with powdered sugar. Serves 12.

ECONOMY MEAT DISHES

There is a wide variety of meat cuts from which to choose. In fact there is a cut of meat for every purse and every purpose, with little difference in the food factors which they furnish. Even the less-demanded cuts provide the necessary nutritive values, taste appeal, and tantalizing aroma which hurries the family to the table with ravenous appetites and sends them away with a feeling of complete satisfaction.

To be at their best, however, these less-demanded cuts require careful preparation, in most cases, by moist heat. They need long slow cooking by moist heat in order to soften the connective tissue and make them tender.

Stews and meat pies make use of the less-demanded meat cuts to a particularly good advantage, since they are not only cooked by the proper methods for these cuts but also extend the flavor of the meat to the other foods, the vegetables and dumplings or baking powder biscuits. Consequently these dishes have double economy.

Certain mechanical methods of making meat more tender are sometimes employed. Grinding is one of the effective methods, since it breaks the long connective tissue fibers. It is then a good idea to have on hand a variety of recipes for the use of ground meat, such as the combinations which baking powder biscuits offer.

SCOTCH STEW WITH DUMPLINGS

2 pounds lean lamb shoulder or breast
Flour for dredging
Lard for browning
Salt
4 medium-sized potatoes
4 carrots
4 small onions
1 bunch celery
Pepper

Cut lamb into 1 inch cubes. Dredge with flour and brown in hot lard. Season, cover with hot water and let simmer slowly until done, about two hours. Forty-five minutes before serving, add the vegetables. Add more water as necessary. Fifteen minutes before serving, drop dumplings on top of meat and vegetable mixture. Cover closely and let cook rapidly without uncovering for twelve minutes. Place the meat on the center of a large platter and arrange dumplings and vegetables around it. Serve immediately.

General Dumplings Recipe

Use these directions wherever dumplings are called for in the following recipes:

2 cups bread flour 1 cup milk 1 teaspoon salt
3 level teaspoons Gold Label Baking Powder

Sift flour, salt, and baking powder together. Add the milk and stir until smooth. Drop by spoonfuls on top of stew rather than into the gravy. Cover tightly at once and do not remove cover until the dumplings have steamed twelve minutes.

BRAISED SHANKS WITH CORNMEAL DUMPLINGS

3 pounds cross cut shank slices of beef
Flour
3 tablespoons lard
½ cup cornmeal
½ cup flour
1 level teaspoon Gold Label Baking Powder
½ teaspoon salt
1 egg
¼ cup milk

Dredge shank slices with flour and season with salt and pepper. Brown in hot lard. Add 1 cup water and allow to simmer for about two hours or until done. Add additional water as needed. Beat egg well, and add to it the milk. Sift flour, baking powder, and salt together, and mix with cornmeal. Add egg and milk to dry ingredients and drop by the tablespoon on the shank slices, fifteen minutes before serving. Cover tightly, and cook for twelve to fifteen minutes. Serve immediately.

BEEF AND LIMA BEAN STEW WITH DUMPLINGS

2 pounds beef chuck
Flour for dredging
Lard for browning
1½ cups dried lima beans
1 bunch carrots
Celery salt
Salt and pepper
Dumplings

Soak dried lima beans over night. Have meat cut into small pieces for stew. Dredge with flour and brown in hot lard. Cover both meat and beans with hot water and let simmer until done, about two hours. During the last hour of cooking, add the carrots, quartered, and season with salt and pepper and celery salt. Add more water as necessary. Fifteen minutes before serving, drop dumplings on top of meat and vegetables. Cover tightly and let cook until dumplings and stew are done.

MEAT BALLS WITH DUMPLINGS

2 pounds ground beef
1 small onion
½ cup bread crumbs
Salt and pepper
1 egg
2 tablespoons lard
2 cups tomato purée
1 bay-leaf
2 cups water

Dumpling mixture with 2 tablespoons chopped parsley added. Combine ground beef with bread crumbs. Moisten with slightly beaten egg. Season with salt and pepper and grated onion. Shape into balls. Brown them in hot lard. Add the tomato purée and water, and also bay-leaf. Cover and let simmer until done. (The length of cooking time depends on the size of the balls.) Twelve or fifteen minutes before serving, drop dumplings to which parsley has been added into the sauce. Cover tightly and let cook without uncovering until both meat and dumplings are done. Serve immediately.

SOUR CREAM GOULASH WITH DUMPLINGS

2 pounds veal shoulder or breast
2 tablespoons lard
3 small onions, finely chopped
¼ teaspoon paprika
1 teaspoon sugar
½ cup sour cream
½ teaspoon flour
Salt and pepper
Dumplings

Have veal cut into 1-inch cubes. Brown together with chopped onions in hot lard. Add paprika, sugar and 2 cups water. Let simmer slowly until the meat is tender. Add more water if necessary. Add sour cream to which flour has been added. Drop dumplings on top, cover and cook until dumplings are done.

LAMB PIE WITH BAKING POWDER BISCUITS

2 pounds lamb breast or shoulder
Flour for dredging
Lard for browning
2 cups peas
1 cup diced carrots
2 cups potato balls
2 onions
Salt and pepper
Biscuit Mixture

Have lamb cut into 1-inch pieces. Dredge these in flour, brown in hot lard and then transfer to a baking dish. Add the potatoes, carrots and peas. Slice the onions on top. Season with salt and pepper. Make a gravy by combining 2 tablespoons flour with fat left in the pan after browning meat. Add 1 cup water and pour over the meat and vegetables. Cover, place in a slow oven (300°F.) and cook until the meat and vegetables are tender. Then remove from the oven, place biscuit rounds on top, increase the temperature of oven to "hot" and bake until the biscuits are done.

MEAT PIE WITH POTATO CRUST

3 cups cold cooked meat
1 cup gravy or water
1 small onion, grated
1 tablespoon minced parsley
2 cups flour
3 level teaspoons Gold Label Baking Powder
1 teaspoon salt
½ cup lard
Milk
1 cup cold mashed potatoes

Chop cold cooked meat and place in casserole dish. Season with grated onion, minced parsley, and salt and pepper. Pour left-over gravy or water over it. Sift together three times, flour, baking powder and salt. Cut in the lard. Add mashed potatoes and enough milk to make a dough that can be handled. Put on a floured board and roll gently. Cut into biscuits and place on top of meat in casserole dish. Be sure there are several openings. Bake until the crust is done, about fifteen minutes.

SURPRISE BISCUITS

1 cup ground cooked meat
1 tablespoon onion juice
2 cups flour
1 teaspoon salt
3 level teaspoons Gold Label Baking Powder
2 tablespoons lard
⅞ cup milk

Sift flour, salt, and baking powder together three times. Cut in lard and add milk gradually until a soft dough is formed. Roll ⅓-inch thick, cover with ground meat which is slightly seasoned with onion juice. Roll as for jelly roll, taking care that it is firm and tight. Cut into ½-inch slices and bake in a hot oven (400°F.) for twenty minutes.

VEAL SHORTCAKE

2 cups diced cooked veal
2 cups medium white sauce
2 cups flour
1 teaspoon salt
2 level teaspoons Gold Label Baking Powder
4 tablespoons lard
⅔ cup milk

Sift flour once, then measure. Add baking powder and salt and sift again three times. Cut in lard, and add enough milk to the mixture to make a soft dough. Roll about ¼-inch thick. Cut into rounds with biscuit cutter and bake in a hot oven. Heat the diced cooked veal in cream sauce. Split the individual shortcakes and put meat between halves and over the top. Garnish with parsley.

MEAT AND VEGETABLE PUFFS

1 cup cooked meat
1 cup left-over mashed potatoes
1 tablespoon chopped parsley
1 teaspoon salt
½ cup flour
1 level teaspoon Gold Label Baking Powder
2 eggs
3 tablespoons milk

Mix these ingredients thoroughly. The batter should drop from the spoon. Drop by teaspoons into deep lard (350°F.)and cook until puffed and a golden brown.
Bits of left-over vegetables may be added to mixture if desired.

HAM AND CORN FRITTERS

½ cup ground boiled ham
1 cup thick canned corn or fresh cooked corn
⅔ cup flour
1½ level teaspoons Gold Label Baking Powder
1 tablespoon minced onion

Mix ham, corn, and onion. Sift flour and baking powder together three times and add to ham and corn mixture. When all is blended, drop by teaspoons into deep hot lard at 375° F. Drain well on soft paper. Serve with well-seasoned cream or tomato sauce.
Corned beef may be used in place of the ham, if desired.

GOLD LABEL DUTCH APPLE CAKE

2 cups flour (8 oz.)
2 level teaspoons Gold Label Baking Powder
½ teaspoon salt
¼ cup butter (2 oz.)
1 egg
About ¾ cup milk
About 5 apples (cut and pared into eighths)
¼ cup sugar (2 oz.)
1 tablespoon cinnamon
¼ cup dried currants

Sift together, three times, the flour, salt and baking powder. With tips of the fingers work the butter into the flour mixture. Beat the egg, add the milk and stir into the dry ingredients. Spread the dough in a well-buttered shallow pan; press the sharp edges of the pieces of apple into the dough in parallel rows; sprinkle the whole with the currants, sugar and cinnamon mixed together. Bake in a moderate oven. Serve hot, with butter, as bread for supper, or with hard sauce as a pudding.

BUTTER, WHOLE-EGG CAKES

Gold Label Plain Cake

½ cup butter (¼ lb.)
1½ cups sugar (12 oz.)
2 eggs
¾ cup milk
3 cups flour (12 oz.)
3 level teaspoons Gold Label Baking Powder
½ teaspoon salt
1 teaspoon vanilla

Gold Label Everyday Cake

⅝ cup butter (5 oz.)
1½ cups sugar (12 oz.)
3 eggs
⅝ cup milk
3 cups flour (12 oz.)
2½ level teaspoons Gold Label Baking Powder
¼ teaspoon salt
1 teaspoon vanilla

Gold Label Rich Cake

¾ cup butter (6 oz.)
1¼ cups sugar (10 oz.)
4 eggs
½ cup milk
2½ cups flour (10 oz.)
2 level teaspoons Gold Label Baking Powder
¼ teaspoon salt
1 teaspoon vanilla

Cream butter and sugar. Separate egg whites and yolks; beat the whites. Beat yolks with butter and sugar mixture. Sift flour, baking powder and salt together three times and add to butter-sugar-egg mixture alternately with the milk. Add the flavor. Beat one minute. Stir in the beaten egg whites and beat batter for one-half minute. Place in greased pans. Bake in slow oven (300° F.) until cakes double in volume, then increase heat until moderate (350° F.). Cup cakes require about 25 minutes baking; layer cakes 30 minutes; loaf cakes 45 minutes to one hour or longer depending on thickness.

GOLD LABEL PLAIN WHITE CAKE

½ cup butter (4 oz.)
1 cup sugar (8 oz.)
½ cup milk
2 cups flour (8 oz.)
2 level teaspoons Gold Label Baking Powder
Whites of three eggs
1 teaspoon vanilla

See mixing directions below.
Bake in a sheet in a moderate oven (375°F.) for about 25 minutes.

GOLD LABEL PARTY WHITE CAKE

½ cup butter (4 oz.)
1 cup sugar (8 oz.)
½ cup milk, less 2 tablespoons
1¾ cups flour (7 oz.)
2 level teaspoons Gold Label Baking Powder
1 teaspoon vanilla or almond extract
Grating of lemon rind
Whites of 4 eggs

See mixing directions below.
Bake as a two layer cake or in a sheet in a moderate oven (375°F.) for about 25 minutes.

GOLD LABEL LADY BALTIMORE CAKE

1 cup butter (8 oz.)
2 cups sugar (1 lb.)
1 cup milk
1 teaspoon rose water
3½ cups flour (14 oz.)
3 level teaspoons Gold Label Baking Powder
Whites of 6 eggs

See mixing directions and frosting below.
Place in cake pans to make a three layer cake. Bake in a moderate oven (350°F.-375°F.) for about 30 minutes.

General Mixing Directions for White Cakes

Cream the butter; add the sugar gradually with beating. Sift together three times the flour and baking powder. Alternately add the flour mixture and milk to the creamed butter and sugar, stirring constantly. Add the flavor, then fold in the well-beaten egg whites. Beat gently to a smooth batter. Fit a piece of light-weight oiled or thin paper into baking pan; oil the paper and sides of the pan.

FROSTING FOR LADY BALTIMORE CAKE

Put the layers together with the following frosting:

3 cups granulated sugar (1½ lbs.)
1 cup boiling water
Whites of 3 eggs
1 cup chopped raisins
1 cup chopped nut meats
5 figs cut in thin slices

Stir the sugar and water until the sugar is dissolved, then let boil without stirring until the syrup from a spoon will spin a long thread, pour upon the whites of the eggs, beaten dry, beating constantly meanwhile. Continue the beating until the frosting is cold; add the fruit and spread upon the cake.

COCOANUT FROSTING

Beat the whites of 2 eggs dry; gradually beat in half a cup of sifted confectioner's sugar and continue the beating until the frosting is smooth, thick and glossy; then beat in grated cocoanut, fresh or prepared, and spread upon the cake. This frosting is made thick by beating rather than by sugar.

BUTTER FROSTING

½ cup butter (¼ lb.) 2 cups powdered sugar (1 lb.)
2 tablespoons cream

Cream the butter until soft. Add sugar gradually, blending thoroughly. Add cream to obtain good spreading consistency.

CHOCOLATE ICING

1 cup granulated sugar White of 1 egg, beaten dry
½ ounce chocolate ½ teaspoon vanilla extract
¼ cup water

Stir the sugar, chocolate and water until the mixture boils; cover and let boil three minutes. Uncover and let boil till when tested in cold water a soft ball may be formed; beat into white of egg, then beat until cold and add the vanilla.

CREAM FILLING

¼ cup sifted flour 1 egg, beaten light
¼ teaspoon salt ⅓ cup sugar
1 cup hot milk 1 teaspoon vanilla extract
1 ounce chocolate

Mix flour and salt with a very little cold milk; stir into the hot milk and cook ten minutes, add the chocolate and stir until it is melted and evenly blended with the flour mixture, then beat in the egg mixed with the sugar, and lastly the vanilla.

GOLD LABEL PLAIN COOKIES

½ cup butter 1 cup granulated sugar
¼ nutmeg, grated 1 egg, beaten light
3½ cups flour ½ cup milk
3 level teaspoons Gold Label Baking Powder
Sugar for dredging the cakes

Sift together, three times, the flour and baking powder. Cream the butter, nutmeg, beaten egg, milk, and the flour mixture. Take the dough on a floured board, a little at a time; knead lightly; roll to a scant half inch thickness and cut into rounds. Dredge with sugar by turning top of cooky into a plate of sugar; if desired, a little cinnamon may be mixed with the sugar. Bake in a moderate oven.

GOLD LABEL PEANUT COOKIES

¼ cup butter
1 cup flour
1 level teaspoon Gold Label Baking Powder
½ cup sugar
2 tablespoons milk
¼ teaspoon salt
¾ cup shelled peanuts
1 egg, beaten light

Sift together, three times, the flour, salt and baking powder. Cream the butter; add sugar, egg, milk, the flour mixture and, lastly, the peanuts, chopped and pounded fine in a mortar, or put through the food chopper. Drop on a buttered tin, a teaspoonful in a place well apart in order that the cooky can round out. Put half a nut meat on each bit of dough. Bake in a moderate oven. This will make twenty-four cookies.

GOLD LABEL GINGERBREAD

2 cups flour
1½ level teaspoons Gold Label Baking Powder
1 teaspoon ginger
1 teaspoon cinnamon
¼ teaspoon allspice
¼ teaspoon clove
¼ teaspoon nutmeg
½ teaspoon salt
½ cup lard
½ cup sugar
2 eggs
½ cup molasses
½ teaspoon baking soda
½ cup buttermilk

Sift the flour once, measure and sift again three times with baking powder, spices and salt. Cream lard and sugar, add eggs and mix well. Combine molasses and baking soda and add to lard mixture. Add dry ingredients and milk alternately. Keep in covered dish in refrigerator until ready to bake. Bake in two 9-inch layer cake pans at 350°F. for 30 minutes.

USE TO MAKE YOUR OWN PREPARED FLOUR

2 quarts sifted plain flour (2 lbs.)
3 level tablespoons Gold Label Baking Powder (1⅛ oz.)
2 level teaspoons salt
Sift together three times. Store ready for use.

COOKING HINTS

It is better to use milk than water for mixing.

Sour milk or buttermilk may be used with Gold Label Baking Powder just as well as with any other baking powder.

When using sour milk or buttermilk in place of sweet milk with Gold Label or any other high quality, well-balanced baking powder, baking results and flavor are improved by adding sufficient baking soda to sweeten (overcome the sourness of) the milk. The following table has been found to be very helpful:

If very sour, use ½ teaspoon of baking soda to each cup of milk,
if mildly sour, use ¼ teaspoon.

Regulate Oven Heat

In baking cakes the oven heat should be *moderate* at first. After the cake is fully risen, the heat should be increased to brown the cake over quickly. Too much heat at first stiffens the walls of the cake and prevents proper rising. Biscuit or other stiff dough products made with Gold Label Baking Powder may be cut, placed in pans, covered with a damp cloth and allowed to stand for some time before baking. Prepare your biscuits at a convenient time and bake when needed. This is the advantage of a double-acting baking powder such as Gold Label.

Use a hot knife to cut fresh bread or cake.

IMPORTANT

Flour should be sifted once before measuring. Fill the cup without packing.

Gold Label Baking Powder is full strength. Use only one level teaspoonful to a cupful (4 oz.) of sifted flour, for most recipes.

Gold Label Baking Powder cakes are light and delicious, fine textured and of excellent flavor. Too much baking powder does not improve the cake. Always use the amount of Gold Label Baking Powder recommended in these recipes and in the directions on the can.

If unable to purchase Gold Label Baking Powder at your grocers', write to Gold Label Division, Jaques Mfg. Co., Chicago.

USE ONLY ONE LEVEL TEASPOON
TO A CUP OF SIFTED FLOUR
FOR MOST BAKINGS

MANUFACTURED BY BAKING POWDER
SPECIALISTS WHO MAKE NOTHING
BUT BAKING POWDER